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HS track & field

Moore's Joe DiMauro 5th in hammer throw

BY ADVANCE STAFF WRITER

PROVIDENCE, R.I. — Despite competing in snowy conditions, Moore Catholic's Joe DiMauro registered the Island's fifth all-time best measure in the hammer throw yesterday, recording a 141-foot, 10-inch toss at the Knights of Columbus 4-mile Relays at Mount Pleasant HS.

DiMauro, who was 11th, also rewrote his school record, tossing 12-pound implement more than three feet beyond his previous best of 138-7.

Sal Della Croce (St. Peter's) holds the Island mark at 163-7, set in 1980. John Pede (St. Peter's) — 149-7; Joe Napoli (St. Peter's) — 145-3; and John Sullivan (Farrell) — 142-8 complete the top four.

KEARNEY, N.J. — Moore Catholic's 4x880-yard relay grabbed fifth-place medals at the Kearney Relays, finishing with a clocking of 8 minutes, 56.1 seconds.

Mike Tortorici (2:11.9), Pete Evensen (2:13.9), Chris Aberin (2:15.4) and Greg Messana (2:14.9) completed the team. Messana's sub-par time was due to an official stepping onto the track when he passed through the 440. The Maverick then dropped the baton and broke stride.

In the 4x440, the same foursome, Aberin (56.2), Tortorici (59.6), Evensen (58.5) and Messana (56.7) took third in their heat, posting a 3:51.0.

WILLIAMSBURG, Va. — St. Joseph-by-the-Sea, competing in the Colonial Relays distance medley relay championship section, finished 20th with a time of 11 minutes, 25.1 seconds at the College of William and Mary.

Lou Boscia led off with a 3:36.0 1,200 meter leg; Stan Kubinski sprinted the 400 in 52.8; Ralph Scalici covered the 800 in 2:05.1; and Jon Dugan's 4:51.2 1,600 split completed the team.

In the unseeded section, Tottenville was fifth in 11:39.2. Jim McComiskey (3:36.2), Jim McDermott (55.7), Carlo Alunan (2:10.1) and Ed Ignacio (4:55.6) comprised the squad.

Sea's underclassmen 4x400 of Anthony Salaris (57.2), Kevin Burdge (58.9), Jim Healy (58.5) and Dan Lingeza (1:00.2) placed eighth in its heat, combining for a clocking of 3:54.8.

Tottenville's quartet of Jim Capper (1:03.4), Ray Janario (58.3), Kevin Stock (1:00.8) and Kevin Jermyn (1.01.1) stopped the clock in 4:03.6.

Fifty-Plus organization gathering data for science

By SHEILA NORMAN-CULP
ASSOCIATED PRESS

STANFORD, Calif. — Athletes run for many reasons, but members of the Fifty-Plus Runners' Association have found a new one: They run for science.

Of course, the members run for all those other reasons, too: keeping fit, losing weight, improving their heart and lungs, dealing with tension or depression, or becoming or staying competitive.

Their personal goals dovetail nicely with researchers' desires to learn more about the effects of extended physical activity on older people.

"We see this organization as a role model, a pioneering group. It's a whole new lifestyle for older men and women," said Keith Johnsgard, president of Fifty-Plus and a professor at San Jose State University in California. "They didn't have to live the sedentary life that older people do or are expected to."

Fifty-Plus is not a running club. Sponsored by the Center for Research in Disease Prevention at Stanford University, its goal is to gather a list of highly active seniors for researchers to plumb. Fifty-Plus has 1,600 members.

Topics already being studied include how continued physical exercise affects osteoarthritis and osteoporosis. Researchers have found that older runners, male and female, had about 40 percent more bone mineral — and no more tendencies toward osteoarthritis in their knees — than seniors who don't exercise.

"Before this, it was generally thought that people who spent a lot of time running would invariably damage their knees," said Peter Wood, a biochemist, former Fifty-Plus president and co-author of the study.

Wood said good mineral density was important, especially for women, because it helped to prevent problems like dowager's hump or osteoporosis.

Researchers also have found that Fifty-Plus members consumed 40 percent to 60 percent more calories daily than their sedentary peers — but had higher levels of the "good" cholesterol (high-density lipoprotein cholesterol), which has been associated with a relatively low risk of heart disease.

"When you are eating a good amount you are more likely to get an adequate supply of nutrients — and for women a good supply of calcium," Wood said.

The group's most recent survey found that 85 percent of its members were men. They averaged 59.8 years old, have been running for 13.7 years and covered 26.4 miles per week. Forty-five percent had completed a marathon (26.2 miles) and the vast majority had run at least one 10-kilometer (6.2 miles) race.

Fifty-Plus women averaged 58.8 years, had been running for 9.5 years, and covered an average of 21.2 miles a week.

Fifty-Plus is now looking for a corporate sponsor to help increase its membership and attract a wider group of scientists.

"We'd like to expand membership, and get some really good long-term studies going," Johnsgard said. "Bring in some young, hot-shot epidemiologist who can study us until we're all dead. We are too old to do the really long-term stuff."

Several members cited the research emphasis as the reason they joined Fifty-Plus.

"The studies attracted me to it," said Kent Gartner, 56, a cell biologist at Memphis State University who has been running for 20 years.

"The research they're doing is not only interesting, it's important," said Bob Binzer, 67, of Madison, Ind. "It's inspiring, and you get good advice from the organization."

Binzer was referring to the association's quarterly newsletter, which summarizes research involving members and publishes health and sports-related articles.

"I really enjoy the newsletter and it's great they're doing this research," agreed Betty Brinkmann, 55, of Brighton, Colo. A dietician, she says she often uses information from the newsletter in her own work with cardiovascular rehabilitation patients.

Johnsgard, a clinical psychologist, has studied what prompts seniors to begin running and then keep running using Fifty-Plus members. The book that resulted, "The Exercise Prescription for Depression and Anxiety," examines the beneficial effects of continued physical activity on seniors' mental health.

The athletes get together once a year — today this year at Stanford — for a seminar and business meeting, a generous pasta dinner and an eight-kilometer run. Age-group categories for the race begin at 50 and go up to 100 in five-year intervals, with nearly 400 runners expected.

"It's a gathering of the brothers and the sisters — a tribal thing," Johnsgard said. "People who exercise regularly in the U.S. are unusual, but people over 50 who exercise are extremely rare. It's like coming home."

NDA takes 4 gold medals at Ridgewood

BY ADVANCE STAFF WRITER

RIDGEWOOD, N.J. — Notre Dame Academy coach Dom Tringali turned his middle distance runners loose for a "workout" yesterday at the Ridgewood Relays, and the results were outstanding. Running in windy, cold weather, NDA captured four gold medals and won the team championship in the small school division by scoring 32 points. Fonda HS (N.Y.) was second with 26, while Pascack Valley HS was third with 24.

The gold medal onslaught began with the 4X1600-meter relay, which lapped every team in the field en route to a 21-minute, 47.2-second clocking. Kerry Mologuhney (5:32.4), Anna DeRenzi (5:25.6), Janine DeVito (5:33.9) and Mary Wallace (5:15.3) were the easy winners.

The distance medley (13:55.9) also triumphed with DeRenzi (3:52.7), Jocelyn Carlo (74.0), DeVito (2:34.0), and Nicole Miezejeski (5:55.1) carrying the baton.

The 4X800-meter team also won, with Lisa Macana (2:43.3), Megan Croake (2:39.5), Miezejeski (2:37.6), and Lauren Bergonzi (2:53.9).

The final gold medal came in the 4X400-meter relay with Mologhney (62.3), Alexis Albano (64.1), DeRenzi (63.1), and DeVito (65.4) handling the baton chores.

NDA also scored well in the sprint medley relay, which was second in 4:17.6, and the 4X100-meter relay, which was third in 54.0.

NDA also received a gold-medal performance in the sophomore sprint medley, running 4:44.0 with Carlo (70.8), Sheila Estacio (29.4), Avis Whittle (27.9), and Tara Masterpalo (2:36.9).

Varsity

4X100-METER RELAY: 3. NDA(April Duffy, Avis White, Sheila Estacio, Alexis Albano)

4X200-METER RELAY: NDA (Tanisha Smith, 30.7; Catie O'Brien, 30.8; Duffy, 31.5; Bernadette Caban, 31.2), 2:04.2.

4X400-METER RELAY: 1. NDA 'A' (Kerry Mologuhney, 62.3; Albano, 64.1; Anna DeRenzi, 63.1; Janine DeVito, 65.6), 4:15.1; NDA 'B' (Lisa Macana, 66.9; Caban, 78.0; Megan Croake, 68.0; Nicole Miezejeski, 69.8), 4:46.2.

4X800-METER RELAY: 1. NDA (Macana, 2:43.3; Croake, 2:39.5; Miezejeski, 2:37.6; Lauren Bergonzi, 2:53.9), 10:54.3.

4X1500-METER RELAY: 1. NDA (Mologuhney, 5:32.4; DeRenzi, 5:25.6; DeVito, 5:33.9; Mary Wallace, 5:15.3), 21:47.2.

SPRINT MEDLEY RELAY: 2. Mologuhney, 61.9; Albano, 27.6; Whittle, 28.0; Wallace, 2:25.1), 4:17.6.

DISTANCE MEDLEY RELAY: 1. NDA 'A' (DeRenzi, 3:52.7; Carlo, 74.0; DeVito, 2:34.0; Miezejeski, 5:55.1), 13:55.9; 5. NDA 'B' (Noreen Dugan, 4:30.0; Caban, 75.9; Meredith Cacesse, 2:55.6; Bergonzi, 6:19.2), 14:55.7.

Sophomore

4X400-METER RELAY: 2. NDA (Masterpalo, 67.9; Andrea Texier, 75.3; O'Brien, 74.3; Carlo, 66.9), 4:44.4.

SPRINT MEDLEY RELAY: 1. NDA (Carlo, 70.8; Estacio, 29.4; Whittle, 27.9; Masterpalo, 2:36.9), 4:44.0.

Freshman

4X400-METER RELAY: 5. NDA (Smith, 71.5; Kerri Amore, 81.2; Karrianna Conte, 82.2; Suzanne Newton, 84.8), 5:19.5.

SPRINT MEDLEY RELAY: 2. NDA (Smith (69.7; Amore, 36.0; Duffy, 28.9; Cacesse, 2:46.6), 5:02.2.

Moore shotput team takes 5th

BY ADVANCE STAFF WRITER

KEARNEY, N.J. — The Moore Catholic's girls' shot put team of Vicki Rutigliano and Stephanie Chow took fifth place yesterday in the Kearney Relays, combining for a 53-foot, 9-inch performance. Rutigliano threw the four kilo shot 31-0, while Chow threw 22-9.

SHOT PUT RELAY: 5. MC (Vicki Rutigliano, 31-0; Stephanie Chow, 22-9), 53-9.

440-YARD RELAY: MC (Chow, Tina Masella, Jennifer Lopez, Kerrie Dolan), 58.9.

880-YARD RELAY: MC (Diana Hicks, 31.4; Masella, 31.4; Arnie Saladis, 32.9; Dolan, 30.1), 2:05.8.

ONE-MILE RELAY: MC 'A' (Beth Driscoll, 75.6; Chow, 75.2; Amy Sturges, 79.4; Michele Cafero, 81.5), 5:11.7; MC 'B' (Tina Madonna, 76.6; Danielle Cafero, 75.7; Chris Crowdell, 80.2; Michele Cringan, 85.7), 5:18.2.

SPRINT MEDLEY RELAY: MC (Sturges, 34.2; Cringan, 35.9; Lopez, 77.7; Hicks, 3:03.8), 5:31.8.

Bowling

SIWBA to induct Peggy Garbarino into Hall of Fame

By JOE D'AMODIO
ADVANCE STAFF WRITER

It comes as no surprise that Peggy Garbarino will be inducted into the Staten Island Women's Bowling Association's Hall of Fame during the SIWBA's annual Honor the Champions luncheon today at 1 p.m. at the Chateau Dominique, Grasmere.

A five-time all events winner, Garbarino has been selected to the prestigious honor based on her superior performance throughout the years.

However, considering all she's been through the past five months or so, maybe she should be awarded a badge of courage as well.

Back in November, Garbarino was diagnosed as having breast cancer and was uncertain about what the future held.

"A lot of things were going through my mind back then," recalled Garbarino, "but I told myself I had to beat this thing. I knew I had to make myself well again and get back on with my life."

She did just that but not after a long battle against the disease, which after chemotherapy, an operation in January, followed by more chemotherapy, appears to be in remission.

Ironically, Garbarino says bowling — the sport which has been so kind to her throughout her life — would be the one thing that put everything back into perspective.

"Mentally and physically, I think bowling was the best thing for me," Garbarino exlained. "I think the sport (and the people associated with it) helped me get my mind off things.

"After the operation, the doctors told me the best thing to do is to exercise. So I asked the doctors if I could bowl as means of exercising. The answer was 'yes.'"

Though some some doubted she would ever pick up a bowling again, Garbarino was back on the lanes by early February.

"I had to start off slow," Garbarino remembered. "I started with an eight- and 10-pound ball until I got my strength back.

Eventually, the right-hander worked her back up to a 16-pound ball.

Although her average slipped to 185 in league play at Rab's Bowling on the Green, Garbarino, who usually averages in the mid 190s, was just happy to be back.

"All along I wanted to return to the lanes and I set my mind on that," she said.

Garbarino looked anything like a person person battling cancer, when she placed second in last month's SIWBA's 42 Annual Tournament, just 34 pins behind Naz Laursen.

If not for missing four 10-pin spares and a 4-pin conversion in the tournament's final game, Garbarino would have claimed her sixth all-events championship.

"I think everything (the treatments and operation) finally caught up to me in the end," she admitted. "I was tiring (after having bowled five games)."

Nevertheless, Garbarino turned in a heroic performance.

"She really surprised us the way she performed," SIWBA secretary Pat Schnur said. "She was inspiration to all of us. She was very brave."

Brave enough to have earned a badge of courage.

Dial ABC for latest news

The American Bowling Congress has established a tournament hotline where keglers may call 1-900-225-5555 and for a nominal fee get the top 25 standings in different events.

Tips from Mike Aulby may also be heard and periodic surveys will be conducted.

YABA reduces price of kits

In a day and age when the prices of everything seems to be rising, the Young American Bowling Alliance announced the prices for its In-School Bowling kits has been drastically reduced, thanks to funds being made available by the National Bowling Council.

Pricing and further information may be obtained by contacting Mary Zignego at the YABA at 1-414-421-4700.

300 watch

For the first time in a long time, it was a relatively quiet week on the local circuit.

Although no 300 games were reported, 15 have been rolled this year, bringing the season-total to a womping 22.

Of the 15, eight have been hit at Country Lanes, three at Victory and Rab's Bowling on the Green and one at Showplace Bowling Center.

Both Sunset and Columbian Lanes have yet to be christened.

Marsenison rolls 625 set

BY ADVANCE STAFF WRITER

Scott Marsenison paced the local action with games of 235, 215 and 175 for a 625 series in the Penro Juniors Bowlers League at Country Lanes yesterday.

Raymond Flynn fired a 180 and John Barnard a 179 in the Colonial Pals League at Rab's Bowling on the Green.

Yesterday's noteworthy scores, by lanes:

Rab's Bowling On The Green
Colonial Pals
Raymond Flynn 180, Paul Pizza 170, Carlton Hurston 178, Jackie Baggs 138, Charles Horenburg 160, George LeSilvin 147, John Lombardi 144, John DeForge 140, Claude Villani 162, Robert Salecker 177, John Barnard 179, Anthony Rehfeld 177, Danny McCauley 139, Dennis Baggs 161, Thomas Ward 132, Donald Carroll 129, Thomas Dunne 119, Sandy Brennan 117, Joey McKinnonn 114, Andrew Ippolito 125, Albert DeFilippo 102, Charles Tuhman 106, Jimmy Gebhart 127, Thomas Knight 161, Julius Baehr 120, Roy Heller 110, John Diandoni 109, Ella Baker 174, Cathy McCarthy 138, Joyce Ligus 114, Cathy Amaturo 113, Lynn Wells 126, Christine Gilmore 133, Francine Dern 106, Mary Toma 112, Susan Sunde 125, Patty Connors 139.
Country Lanes
Penro Junior Bowlers
Frank Mazzella 209, Tom Clinton 212, Jim Coyle 187, Bryan Curty 228, Brian Doell 224, Gabe Olivieri 214, Trish Mattea 171, Joe Cavuoti 195, 197, Eric Update 200, Scott Marsenison 235, 215-625, Larry Bartolomi 205, Chris Diaz 191, Jason Barra 190, Oscar Aranda 181, Erica Sepulveda 180.

Ron Palombi wins Seagrams event

ASSOCIATED PRESS

INDIANAPOLIS — Ron Palombi Jr. needs some new goals after rolling eight consecutive strikes to beat Amleto Monacelli 269-265 in the championship match of the $400,000 Seagrams U.S. Open yesterday.

Palombi, 27, of Erie, Pa., began the current PBA Tour with an announced goal of passing the $100,000 mark in earnings for a year. After the victory and the $80,000 in earnings it produced, he has won $95,440 with some 24 stops left on the schedule.

The victory also accomplished a previously unannounced goal.

"I wanted to win a major championship. This is my next step in my career to justify me being here," said Palombi. "It does so much in our mind. I have so much respect for those guys who have won major tournaments and now I'm in that group ... I wanted it badly. I've always wanted to be held in that esteem as all the other greats."

The richest prize ever on the PBA Tour nearly topped Palombi's total earnings of $80,188 for 1989. His career earnings now total $435,377 for seven years on the Tour.

Spare time

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